

## ABSTRACT

Provided are a metal belt which is improved in wear resistance, thermal conductivity, thin wall designs, heat resistance and flexibility, a fixing  
5 belt in which this metal belt is used, and a high durability and high reliability heat fixing device which has this fixing belt. This metal belt is made of a nickel-iron alloy manufactured by an  
electroforming process, and the nickel-iron alloy  
10 satisfies relationships expressed by the following equations:

$$0.001 \leq S \leq 0.13 \quad (1)$$

$$85 \times S + 3 \leq F \leq 350 \times S + 3 \quad (2)$$

wherein S represents a sulfur content (mass %) and F  
15 represents an iron content (mass %).